

M-256

Wednesday Decmebre 6, 1961

Played on Thursday March 22, 1962

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You must understand about tasks - the reason and the purpose of them. It is to try to be more awake. We assume that we are unconscious, that we are asleep. We try to find out how to be more awake, more conscious, more able to do. Tasks are small in connection with that. Tasks have to do with undoing habitual forms of behavior. We often forget the purpose of tasks. When you report on tasks it must always be connected with the purpose. Tasks are often connected with obnoxious habits. Undoing the habit is not the prime purpose of the task. You can continue, for example, to be sloppy if you are conscious. Sloppiness is not bad from the standpoint of consciousness although it may be bad for the people who have to live with you. Habits like that are excellent material to work with. Those who have good habits ought to make them bad habits and vice versa. In other words, you ought to change. You may become more difficult to live with if you already assume that you have achieved a tremendous amount of work. That is, if you try to undo habits, perhaps you will become a little conceited about it. When you apply tasks to change yourself, it behooves you to realize much ~~what~~ more what you are. It should not lead you to become more impatient with others, more conceited and less considerate. These qualities are not at all conducive to the behavior of a human being as he should be; they don't belong. The success of a task is only in how far you have woken up. You are not responsible for your behavior at the present time. You are quite mechanical; everyone is. Now, if you start to change because of a task, then you have introduced an element which is your own and for that you are responsible. And then you are also responsible for the energy; and to use it to build up the five laws of objective morality on yourself.

I advise you to read every day from All and Everything. You should have contact with it because it is the only source of material we have, Ouspensky notwithstanding. The Search is a book - All And everything is Scripture. The Bible is also scripture. When you read it you uncover new thoughts, new perspectives and ideas. You can only understand them if you try to apply this method of how to wake up. Otherwise, you will not get anything out of it. Scripture means that it is not of this Earth. There is an unlimited amount of understanding that you can get from it.

Magnetic Center produces something like a wish of wanting to find out the real meaning of existence. The spark of magnetic center is a new form of life. When that is kindled, we have to admit that there is something in us and something in All And Everything that we want with all our hearts. That is something that you can take with you; it has that kind of value. If we work, gradually we will come to that point of wishing.

We all forget the simplicity of work. Work is A B C, and it may take a long time before we get to Z. We all are children; we all try to walk, to stand upright. We hope that some day we will be able to run. But we must start slowly and we must make allowances for everybody else. Ask questions from your heart.

QUESTION: (Patricia Kearney) I've been wondering how to communicate ~~with~~ to other people without lying - not to always say what they want to hear.

ANSWER: Is it difficult for you to be honest?

QUESTION: I have to identify in order to speak to people.

ANSWER: When you say Good morning, are you identified. You could be identified with the person to whom you say it. How would you say it then. It depends on the person and on your own state. If you are identified, would that then be lying? No. Not at all. When I say Good Morning, one can hear from the voice that I wish that person a good morning. When you talk about a subject that you know about and you are ~~in~~ identified you are not lying. You start to lie when you say something that you know has no basis in fact. You also lie by implication but it also innocent. We all say and do things to make other people believe that we are clever but it is not lying. Don't assume that the other person takes it that seriously. When we say "good-bye" it really means God be with you but 99% of the people don't realize that. Lying is different than that. It is when I believe what I say and I don't even know I lie because I am in the lie. When I am bound up with it and I can not see it, I will argue about it. What do you do during the day?

QUESTION: Nothing. I don't work.

ANSWER: Have you ambition? How do you spend your time? What would you like to do? How do you spend the day? Do you get much sleep? Too much?

QUESTION: Yes.

ANSWER: Why don't you stop. How many hours of sleep do you need?

QUESTION: Four to six hours.

ANSWER: That is not much sleep. Have you kept that up for any length of time?

QUESTION: Yes. On Saturday and Sunday I get more sleep.

ANSWER: It is a pretty heavy schedule.

QUESTION: But I have kept it up over a period of six months.

ANSWER: What were you doing during that period of time?

QUESTION: I was studying dancing and acting.

ANSWER: You were interested in something and you needed less sleep. Why don't you continue with that study? What happened to the dancing? Why did you stop?

QUESTION: I only dance when I feel like it.

ANSWER: Should you take a class?

QUESTION: Yes.

ANSWER: Is it right that you don't take classes?

QUESTION: No.

ANSWER: Maybe now you will. Make a plan. Set a tone to your life. Don't take it happy-go-lucky. Try to guide your own life. You ought to have something each day that you want to accomplish; something that would require interest and enthusiasm. Maybe write a book, visit ten friends, take a long walk for fifty blocks. Fill your life more with something that you want so that at the end of the day you don't feel that you have wasted it. Why did the question of communication come up?

QUESTION: I find myself at parties and with people, that I am withdrawn when I should be able to communicate. I saw that I could play roles and communicate in many different ways. But I didn't feel the roles.

ANSWER: What kind of roles could you play.

QUESTION: I'm in contact with many people and I don't know how to behave.

ANSWER: Select two people who are your friends and make up your mind before hand how you will be, what you will say, what topic you will talk about. This is the beginning of playing a role. You can then communicate because you have a definite aim; you are not bashful. Do this at least two times a day; if possible, four times. Also, the evening before, make a schedule for the activity of the next day.

QUESTION: (Marilyn Wright) I am doing the sensing exercise. It is hard for me to do it regularly - I have children. It gave me a tremendous amount of energy. For the last two months, I have the problem of controlling that energy. I get it from doing the exercise and then it turns into nervous energy.

ANSWER: Stop the exercise half-way. When you ~~xxx~~ start to feel more alert, more alive, when you notice that energy, stop the exercise and go back to ordinary life. Then it won't run away from you. It comes because I think you are off on the wrong tangent.

QUESTION: (Something about being angry)

ANSWER: What were you angry at?

QUESTION: About disappointment. I just laid down on the bed and concentrating on sensing and afterwards I wasn't angry and I was very energetic.

ANSWER: That's alright. I have no objection. Now you know how to undo anger.

QUESTION: My day is very demanding and I can't control the energy.

ANSWER: Who is the boss? Why should you be subject to an overflow of energy in such a way that you become a slave to it? Once in a while, say "NO." Come to yourself. There is a moment when you must say No and stop. After two minutes, go on. Work is sometimes called the regulator. It is like the regulator that regulates the steam in a locomotive. If you work, the energy can stay within you and then it can be used at the proper time. Relaxation prevents me from using energy uselessly. When I have an excess of energy I must come to myself, become conscious of the fact that the energy exists and that it affects me. I try in this way to dam it. In order to collect myself, to wake up to myself, I must give myself that command. I hope I will not be so identified with it that I will not be able to remember about work. Now I put the ideas to practice. Now you allow the energy to go, and you are in the saddle, you direct it. It is a very practical question. It is a very practical possibility. A Man is not unregulated and uncontrolled. I ought not to behave like that; not to be a slave. I will dole it out as I see fit and then it takes its proper place.

QUESTION: (Robert Jourdan) I assumed a role in a business relationship for the past five days. Today the man came drunk. I kept finding myself being aware of myself. When I spoke I found that he would stare at me and it brought me to myself and I could see myself. I had very many pictures of myself. I was very uncomfortable. I can observe that I was more aware and yet this awareness left me feeling uncomfortable. Usually I get things done with man and feel comfortable. His reaction time was different from what it had been, from what I had expected. It made me wake up. I finally kept quiet. It seemed to solve the situation. Also, I did not feel as sure of myself as usual.

ANSWER: Usually you play a role and now you didn't know what role to play. If you try to play a role, and it goes okay, then I am afraid that you will be asleep. The chances ~~are~~ are better when you are uncomfortable. However, this is no guarantee as yet. Sometimes a circumstance can be helpful but still you must make the effort. Waking up accidentally leaves me. If waking up is a result of an effort, there is a possibility that it can last longer or that I can intensify it. You must learn this from your experience.

QUESTION: I never woke up the the point where it was interrupted. It was though I was constantly derailed. I gave myself a task to remember my conversations after and try to re-live them. Today, the feeling was that I was overturned and upset. I was more aware of myself. I saw myself more. That refers to a picture I get of myself seeing myself. They were fragmentary pictures.

ANSWER: We have to be clear about it. A thought about being awake, trying to watch my words, etc, that can take place in ordinary life. When I am awake, I have a realization of myself as if I am not there - as if I look at it from above but I see it. That flash can last only a moment. I ~~am~~ think you are a little bit easy about assuming that you are aware when in reality you are not.

QUESTION: I measure how much I am aware by what it recorded of seeing myself. It is being present to myself in a situation and something in me is recorded about the situation and about myself.

ANSWER: Watch out for too much interpretation. When you are concerned about a business deal it is very difficult to be awake. To be impartial and simultaneous is practically impossible at that time. It is possible to have flashes. Try it when you are alone. See then if you are awake. Don't involve other people. Try it when you sit, when you drink tea, etc. Try to test for yourself if you are awake. A little bit of ~~darkness~~ light is not darkness but it is still not sunshine. The awareness may be small in comparison to what is possible. Also, when I am aware, I have no interest in continuing with what I am doing. When I wake up, I lose the desire to argue and then I need not argue; I need not be driven in a mechanical way. Whatever happens outside reacts on you. What is there besides what reacts? Reaction means that something takes place in me. That's all. When I'm aware, something else is there which isn't subject to that influence and then I need not react. I have to be absolutely honest regarding that.

QUESTION: I believe I remained impartial.

ANSWER: At certain moments there may have been that possibility.

QUESTION: I became more identified today and yet I was more aware.

ANSWER: No, that isn't right. Were you objective? How?

QUESTION: It was never important for me to communicate with this man before. Today, for the first time, I became aware of the fact that I was identified.

ANSWER: You use the word aware in the wrong sense. It only came to your notice. It doesn't mean aware. Don't say aware unless you mean awake. You were only aware that you were identified. Awareness requires objectivity, non-identification and simultaneity.

Unless all three factors are fulfilled, there is no awareness. Simultaneity means in a moment. A moment is when the future changes into the past. I know what a flash or an instant is. It is reducing the dimension to its smallest possible length. I can not see it unless I am free from the past or the future, free from anticipation or memory. I try to see that the future becomes past. At that moment, I can realize that I exist. Everything that takes place in my head is not awareness. We only need the head in order to get started. After that, it is an interference. I can not know what a moment is unless I can live in a moment but unfortunately, a moment doesn't last. The lone of cutting time is a moment. Simultaneity is not an easy concept. It has to be understood without thought; it has to be an experience. My concept of time is different at different times. When I'm interested in something, time goes fast but other times, time is heavy. We always change our concept of time according to our interest in life. Time depends on me. My time starts with my birth and ends with my death. I can only know time when a moment is without dimension and therefore also without subjectivity. Gurdjieff calls time the unique subjective. Time flows through me. If my body could become light, then time would be timeless ~~and~~ as far as this Earth is concerned. A moment is the only possibility of opening the door of Heaven. Sometimes, by a super effort, I can open that door and then see God. But I can not do that in ordinary life. When I describe a moment it is already past. I must not allow my memory to interfere. When I experience a moment of time, it is an experience of oneness. The only way to have that experience is to eliminate the three separate functions of myself as represented by the three centers. If you want to meditate, meditate about such things but be honest about your experiences. You can know for yourself what it is and then you can compare it with other moments. You can have that taste of objectivity. It is different from ordinary life. It has to be translated into an experience of yourself.

QUESTION: (Lita Harrison) You spoke before about all of us crawling. I don't understand what is meant by trusting other people's sincerity. I don't know where the line is for myself. I don't know what it means to be tolerant.

ANSWER: You can only be tolerant towards someone else if you are awake. I must understand why others behave as they do. I can get this ~~xx~~ understanding through long experience. It is then human wisdom, it is an ability to get along with other people. The way we try to get that understanding is to become awake to oneself and to see my mechanical behavior; to become acquainted with the motivations of such mechanical behavior in myself. When I am familiar with that, when I have a picture of myself as a mechanical person filled with habits, then I can predict my behavior in a given circumstance. It requires that I be awake, that I am objective. If I try to understand myself in that way, then I can dare to start to see the behavior of others and then know why they behave like that; that they are mechanical.

QUESTION: I'm very intolerant because I don't understand myself but I want to do what is right.

ANSWER: You have to be sure of what is right for the other person. It may be necessary for you to be intolerant; that may be what the other person needs for growth. For yourself

you can only know the truth about others by extrapolating what you know and understand about yourself. Then I have to know what is needed for myself and for others what is necessary for development. Then I must have enough control to do it so that it will be adaptable for the other person.